

The Northfield Press

VOL. XXIII. No. 1

NORTHFIELD, MASS., FRIDAY, AUGUST 15, 1930

PRICE FIVE CENTS

GENERAL CONFERENCE HAS RECORD ATTENDANCE

Rev. Howard Partington of Nottingham, England, appointed by the committee for the Exchange of Speakers and Preachers between America, Great Britain and France, addressed the Northfield Conference Thursday on the change and permanence of the Christian religion.

He said that as times change the theory and practise change but the spirit remains the same. He declared he could not understand why people who are very willing to accept all sorts of changes in the material world are yet unable to see the need of keeping up with the modern changes affecting the religion. Many even boast that their fathers religion is good enough for them. A new idea in religion, or some old idea with newly expressed, is taken as radical and impulsive.

They seem to think that religion is static, while all else changes. The Christian religion links each generation with those preceding in the fundamental truths, and reinterprets them in the light of the new day.

Not long ago, the speaker went on to say, the thought of God was that of a ruler. Today we think of Him as God the Father. There is a more sympathetic attitude of Him. The changes in theory and practise reflects the reactions of the Christians to the challenging issues of today. The spirit of it all is the same. It depends not upon the degree of man's love, his tolerance, his vision.

The second condition is keeping very closely in touch with Christ. By not being in touch with the life and teachings of Christ the church of the Middle Ages went off on a dangerous tangent. Thirdly, reason is not to be sacrificed. Our gifts are strengthened and not superseded. Finally, we are to be obedient to what we see and know.

Dr. John A. Hutton of London spoke from the text in Luke 5. The story was that of Jesus coming upon the disciples in the early gray of the morning when men's resources are low, and telling them to launch out on the deep if they wished to catch fish. He said there was a great deal in that story.

Our Lord sent the men back to the place where they had failed, to catch fish. We do not like to go back to that place, most of us. But, the speaker emphasized, we have got to learn to ride the horse that threw us, to change the metaphor. A man may have just one particular weakness. If he can conquer that, he is usually right everywhere else, but if he loses there, he loses out everywhere else. Right there is the key to personality. We have got to go back to the place where we have failed.

The weakness of Judas was the money bag, and Jesus made him treasurer. If he won with the bag, he might have become the world's greatest saint. There's the battlefield. Face around and tackle that thing with a vengeance; don't dwindle with it, and the devil will flee. Rely upon the strength of the power that comes from God. Through that it is easier to go to two miles than one, because it is done gladly and not grudgingly.

No modernist can ever love a garden, Dr. Hutton affirmed. A garden teaches you there is something to be taken out. There are two ways of dealing with a weed. One is to crop off its head every time it rises above the ground, until at last it becomes tired of appearing. Since that is mean night work also, men begin to tire some one to do it, and the speaker suggested that in religion, that is the place where the priesthood first came in. Men hired others to take out the weeds of life, perhaps not realizing their own responsibility of doing so.

The second way of dealing with a weed is this: when the heart is soft because of some great joy or grief, then is the time to deal fundamentally with the thing, the weed, that has been breaking you. In St. Augustine's Confessions we are told that he used to pray. First, "Save me Lord, from all my sins, (but not quite yet)." Of course nothing happened. His next parenthesis was (all except one). Nothing happened, for, as St. Paul said, "He can save to the uttermost," but not short of it. Finally the prayer was, "Lord, save me from all my sins and now." That prayer was answered.

The secret of the whole is that Christ went back with the men in the boat, and he does with us when we want him to. Without the help and inspiration of some power outside yourself, all is hopeless. Man has done all big things in the world for somebody else, not for himself.

Let us go back then, the speaker repeated, to the thing that beat us, and through the strength of Christ, and our own power, conquer it. Take a little time in prayer, for that is thinking things out to their source, until we come in contact with God. Laziness in thinking is man's besetting evil, Dr. John Hutton stated. The devil's pet Latin quotation is *Mens sana in corpore sano*. Preachers should follow the advice of Walter Painter.

The New Testament is not a book of legislation but a book of principles. Rev. James Reid told the Northfield Conference Friday in addressing them on the Guidance of the Holy Spirit. "Thee is little evidence," he said, "that the disciples of the early church fell back on what Jesus said and did. They

relied on the guidance of the Holy Spirit. The qualities they developed were the fruit of the spirit."

A Christian is never conscious of his goodness. The speaker wished the word, goodness could be stricken out. People put too much emphasis upon the goodness that they do. It's too self-centered. The church of that day had a wonderful spirit of adventure among the people it called. Today our church is full of the prudent and the conservatives. They had slaves, the poor, robbers, wretches, unfortunate of all kinds.

The church today, it seems, does not like the transforming power of Christ to save men, or it would go out into the highways and attract men of adventurous spirit. Dr. Reid declared. We lack the optimism they possessed. We rest self satisfied.

In all the policies of the early church the Spirit did the guiding. Today we have lost the ear to the spirit. That is the only asset the church possesses. It is the only thing that can convert the world. There are four conditions under which the guidance of the spirit may be gained. The first is an utter willingness to do the will of God no matter where it may lead. We have all got fences that we don't wish to jump.

Professor Edwin D. Harvey of Dartmouth College, who until the recent outbreak in China was on the missionary staff of the College of Yale in China, addressed the Northfield Conference of Christian Workers at a day on the historical situation in that turbulent country, China. He said he was not uttering personal opinions but was giving information.

China was a better place in which to live, Professor Harvey said, in the days of Merry England of Queen Bess than was England. However, new forces have since developed that makes China today a seething cauldron of tumult. He then took up the vastness of the problems in that country, saying that mere mention of the 4000 millions of people staggers the imagination; and to think that only a small percentage of the people get any education, let alone enough to eat, gives one an idea of the enormous difficulties involved.

Westerners and the nations of the west are as ignorant in their outlook toward China as the proverbial Chinese is toward us, Mr. Harvey declared. The European powers in the early days when China was opened up made the most egregious errors politically, for which China is now suffering.

Politically China has never known any strong central government. Parsons in the 5th Century B.C. is the most recent parallel of Chinese government. The intellectual movement in China of recent years has taken over the out-of-date Marxian materialistic socialism, it considers Nietzsche's superman the ideal, and in religion, Tolstoy is the best example of a follower of Christ in the modern world. It was a calamity to China when the so-called Christian nations first entered her harbors with gunboats.

Missionary Day was observed at the Northfield General Conference Monday, a special service being conducted at 11 A. M. by Mrs. Henry W. Peabody of Beverly, who has for many years been interested in foreign missions. Sixteen different missionaries sat upon the platform, coming from many distant lands.

Mrs. Peabody urged support for the laws of the land, especially the 18th amendment. Corruption and lawlessness are attacking our nation making it of utmost importance for all good citizens to stand together for the maintenance of the constitution.

The citizens of Massachusetts during this Tercentenary year must rally together, summoning the strength of conviction of their Puritan forefathers as they go to the polls, she concluded.

Dr. G. Campbell Morgan gave an address upon the authority of Christ concerning the church. Gathering in is the same means the recognition of his saviourhood and overright, the speaker asserted.

Rev. James Reid of Eastbourne, England addressed the conference on the Urge for Satisfaction. He said that what satisfied must pass two tests: first, it must satisfy the whole man, body and heart; secondly, it must belong to the eternal.

The feverish and fitful stops and starts of our people today is symptomatic of a crying need of something inwards. There is a need for satisfaction.

Only Christ can meet this need, Dr. Reid asserted. The whole man is satisfied because the backbone of Christianity is unselfish service to others. Meaning is given to such a life, for that purpose has the assurance of the universe of God in back of it.

Rev. C. McCoy Franklin, Manager of the Crossmoor School, Crossmoor, N. C. spoke in the afternoon and at the Round Top services in behalf of his school. Before he talked, he whistled imitation love calls of many of the birds native to his mountain home.

The speaker for the evening was Rev. Melvin Trotter of Grand Rapids, Mich. Mr. Homer Hammontrup and Miss Jeanne Doctor assisted in the singing.

Dr. James Reid of England concluded his week's series of meetings to ministers today with an address on individual evangelism. Of utmost value, Mr. Reid said, was a love for individuals rather than a love for ideals. If souls are to be saved, "We mediate a personal God through our

personal friendships." He went on to say that the one who is to do personal work must feel himself to be free, and possess a real experience in Christ.

The greatest temptation in the Christian ministry is to escape from Jesus Christ, and yet think and talk about him. The power of a complete dependence upon God is the only source of power. We must surrender to him in every detail of our lives.

Dr. John A. Hutton of London, well known editor and preacher, followed Dr. Reid in talking to the ministers, the number of whom has been greatly increased these last few days. He first pointed out several passages in the Bible as gems in themselves. Such a one is 1 Cor. 13, which is not a hymn of love at all, but is a thorough castigation of the soul of a man. Paul, in his disappointment with Corinth was looking at himself as the cause of his lack of winning them. That chapter is a hymn for the discipline of the servants of God.

He then took up Matt. II as the text. Prefacing his remarks, he said that the gospels were not written to tell of the life of Jesus, but was a barrage laid down by the early church cut off a retreat of the followers. The gospels were issued at a time of great danger to the young church. "Come to Christ," "Endure to the end," "Stand fast." These are characteristics of people who are about to sink, and to fail. From this angle we should read the New Testament.

Jesus first came as a preacher of God. Dr. Hutton said that as a friendly stranger to America, concerning preaching Americans attempt to dissociate the Old Testament from the New too much. Jesus sought to get at what was in the back of people's minds. Our Lord never explicitly answered one question. He was more interested in what the other fellow thought about it. "We have all of us," the speaker continued, "enough knowledge to take us to the foot of the throne of God, but it is not functioning."

The second stage that Jesus went through was this: he came to the point when he thought he was living in a perishing world. We in England and America are a very conceited people. We have a secret feeling that God is looking down upon us smiling with satisfaction. Where would the God go to find a better people? All the empires of the past, far greater than ours, have gone into dust, and for this reason: they have been unfaithful in that particular for which it became great. Can we be so sure?

Optimism is the very contradiction of faith. Pessimism acknowledges the bankruptcy of human forces, and then calls upon God. We must have courage to use liberty in tackling the study of the Bible.

The speaker in the evening at Round Top was Mr. Walter Thorpe of Brattleboro, Vermont. On Sunday morning the speaker will be Dr. G. Campbell Morgan, of Philadelphia. A Round Top Mrs. Henry W. Peabody of Beverly, Chairman of the Women's League for Law Enforcement, will speak. In the evening Dr. James Reid of Eastbourne, England will address the service. The conference continues throughout the next week.

By HARRY A. ERICKSON

The Art of Preaching was the topic of Dr. George A. Buttrick, Minister of the Madison Avenue Presbyterian church of New York City, as he addressed 250 ministers at the Northfield General Conference Tuesday. Dr. Buttrick has recently been appointed to give the Lyman Beecher Lectures in Preaching at Yale Divinity School for 1930.

In answer to the question, Is it necessary that all subjects be chosen from the Bible, Dr. Buttrick said that a preacher need not be limited by staying in the Bible alone. Jesus spoke about the birds and flowers of the field. True expository Preaching will soon enter into life though it begins in the Bible.

God does not hand out quotations to a lazy man who is waiting for inspired moments. A preacher should read and read, both the Bible and other big books, and from the overflow will come more texts than he can use.

For me, the speaker declared, the sermon should be written. Only thus is clarity, diction, and balance gained. This is a question of morality and not academic. A congregation is entitled to thoroughness and sound care in preparation of a sermon.

Without reality, however, no sermon is valuable. A pulpit voice is hollow and unreal. Do not use theological terms not born out of your own experience. Why say more about God than you really believe? Reality will send the message into the hearts of the listeners.

Dr. G. Campbell Morgan today started the first of his series of addresses on the subject: Humanity at the Cross. Sorrow at the Cross was the annual picnic of the full Sunday school will be held the week following. Announcement will be made at the Sunday morning meeting.

A teachers' meeting will be held next week to talk over plans for the resumption of Sunday school at the church.

DR. MORGAN SPEAKS TO 3,000 SUNDAY AUDITORIUM PACKED

A crowd of 3000 coming from far distances packed the Auditorium at East Northfield today to listen to Dr. G. Campbell Morgan of Philadelphia, noted preacher and exponent of the Bible, who addressed the General Conference on the question: Have we as a nation outgrown the Bible?

Madame Louise Homer, famous contralto, was one of the soloists. Professor Emil J. Calvaca of Buffalo, violinist, and Mr. Carlton W. L'Hommedieu of orwalk, pianist, assisted in the music.

Dr. Morgan took his text from Deut: 3: an doth not live by bread alone. This was discussed from its national aspects.

An alien, said Dr. Morgan, cannot come to these shores of New England today without catching the historic significance of the Tercentenary celebration of Massachusetts. Mr. Morgan, who came from England, urged the people not to forget from whom they got the charter, a British King with a German accent. This celebration has national aspects, and it is well to remember that the Puritan and Pilgrim fathers recognized the necessity of the Bible.

There are four values of the Bible having national meaning, which are derivable from no other literature or source, neglecting which life cannot be strong, beautiful, and permanent. First, is the moral conception that has made the civilization of the last 2000 years. Second, the Bible contains the conception of God which has resulted in the great philanthropies of the world today. Third, the conception of man in his divine discontent, from which have come the great reforms that have blessed humanity. Fourth, the declaration made by God that a way has been provided for the mending of broken men and women, a new birth.

The Bible is an ethic that makes for civilization. That order of life in which the highest good is secured to the greatest number is civilization. The Bible stands from the beginning to the end unified in the revelation that morality is rooted in religion. Right relationships between man and man, and between God and man are necessary. When a nation loses that conception, it is doomed, if not damned.

The Bible arouses a passion to serve others. The Bible means all that opposes death and blight to a nation. It is a gospel that works. It makes a fit citizen. Have we outgrown the Bible? We have never grown up to it. When General William Booth of the Salvation Army was asked many years ago if he did not think that Christianity was played out, he replied it had never been played in.

Finally, Dr. Morgan said it is our business to stand by this great book, the Bible. In this lies the strength to make our national affairs truly great and noble.

At 4 P. M. Rev. Melvin Trotter of Grand Rapids led a praise service.

The evening service at 6:45 was led by Mrs. Henry W. Peabody of Beverly, Chairman of the Women's Committee for Law Enforcement. She said that the spirit of this age is different from that of our Puritan fathers. Conviction made them great leaders. Today it is considered narrow to have great convictions. From the age of conviction follows that of doubt. Then comes compromise, which leads to unbelief. Shall we return to unbelief or go on to the age of faith. Mrs. Peabody declared?

SUNDAY SCHOOL PICNIC

The summer session of the North church Sunday school will hold a picnic next Tuesday, August 19 at Lake Spofford. Regular attendants and their parents are requested to be at school next Sunday at 9:30 A. M. to learn about the plans. A games committee has been appointed consisting of Jack Webber, Helen Pattison and Virginia Powell.

The annual picnic of the full Sunday school will be held the week following. Announcement will be made at the Sunday morning meeting.

A teachers' meeting will be held next week to talk over plans for the resumption of Sunday school at the church.

MRS. GOULD INJURED

Suffers Hurts in Fall at Hot Springs, Wyo.; Still in Hospital

A letter from Henry R. Gould, who with Mrs. Gould and Miss Mabel R. Snow of Brattleboro, left Northfield in May for an extended automobile trip through the West, tells of a serious accident to Mrs. Gould in Hot Springs, Wyo. The car had stopped near the grease pit of a service station, and Mrs. Gould stepped from the running board into the pit. She was so severely injured by the fall that she is still in the hospital at Hot Springs.

The annual picnic of No. 9 school will be held at the school house on Thursday, Aug. 28th. All friends of the district are cordially invited to come and will each please bring a cup and spoon.

C. STOCKBRIDGE.

TOWN HALL ITEMS

The Selectmen of Northfield heartily approve the Proclamation issued by His Excellency Governor Allen in which he calls on the people of the Commonwealth to unite in making the Save-A-Life Period a success.

Let us all see that our automobiles are in proper condition and do all in our power to reduce the number of fatalities that are occurring every day in our State.

The tax rate for this year is \$30,000 per \$1000.

MONTAGUE, NORTHFIELD, DEERFIELD NAMED IN STATE MARSHAL'S ORDER

BOSTON, Aug. 15.—State Fire Marshal John W. Rath requested the selectmen and the chiefs of 12 Massachusetts towns to change all fire hose couplings, fittings and hydrant outlets to conform with regulations adopted by the governor and council in 1925, based on a national standard screw thread.

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THE NORTHLAND PRESS
NORTHLAND, MASSACHUSETTS
ESTABLISHED 1908

Published by The Northland Press Inc., Alfred A. Thresher, President and General Manager.
Entered as second class matter at the Post Office at Northland, Mass.
Subscription rates, \$2.00 per year; payable in advance.
Advertising rates upon application.

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Friday, August 15, 1930



Summer Is Sandwich Time

By JOSEPH BOGGIA, Chef
The Plaza Hotel, New York City

FROM the dainty, three-cornered sandwich served with afternoon tea on the porch or in the garden, to the substantial affair that becomes the main dish for lunch or supper, or the in-between one that goes with us on picnics, the sandwich fits perfectly into the summer menu.

The rules for making sandwiches — Run through the meat grinder enough finely sliced boiled ham to make one cup of it when minced. Add one-half teaspoon mixed mustard, few drops tabasco sauce, one teaspoon sugar, salt and pepper to taste, and enough chili sauce to make a smooth paste. Spread on thin slices of buttered bread.

Sprinkle with grated American cheese. Cover each with second slice of thin, buttered bread. Place in oven until bread is lightly browned. Serve immediately.

Derbyshire Sandwiches — Run through the meat grinder enough finely sliced boiled ham to make one cup of it when minced. Add one-half teaspoon mixed mustard, few drops tabasco sauce, one teaspoon sugar, salt and pepper to taste, and enough chili sauce to make a smooth paste. Spread on thin slices of buttered bread. Sprinkle with grated American cheese. Cover each with second slice of thin, buttered bread. Place in oven until bread is lightly browned. Serve immediately.

Madison Club Special — Put through meat grinder enough cooked veal and cooked tongue to make one-half cup of each. Add one teaspoon vinegar, one teaspoon mixed mustard, one-half teaspoon sugar, two tablespoons mayonnaise, one tablespoon tomato ketchup. Mix thoroughly and spread evenly on buttered slices of bread.

Plum Cheese Sandwiches — Mix together one cup sour cream, three eggs, one tablespoon butter, one tablespoon sugar, one teaspoon salt, one teaspoon mustard. Beat sufficiently to break up the eggs, but not enough to make them frothy. Place over boiling water

and stir until mixture begins to thicken. Add gradually three tablespoons hot vinegar. When mixture coats the spoon thickly remove and put aside to cool. Put through food chopper one and a half pounds American cheese and four seeded sweet red peppers. Mix together and add enough of the cream dressing to make the final mixture spread easily. Spread smoothly and evenly between thin slices of bread. Fine for picnics.

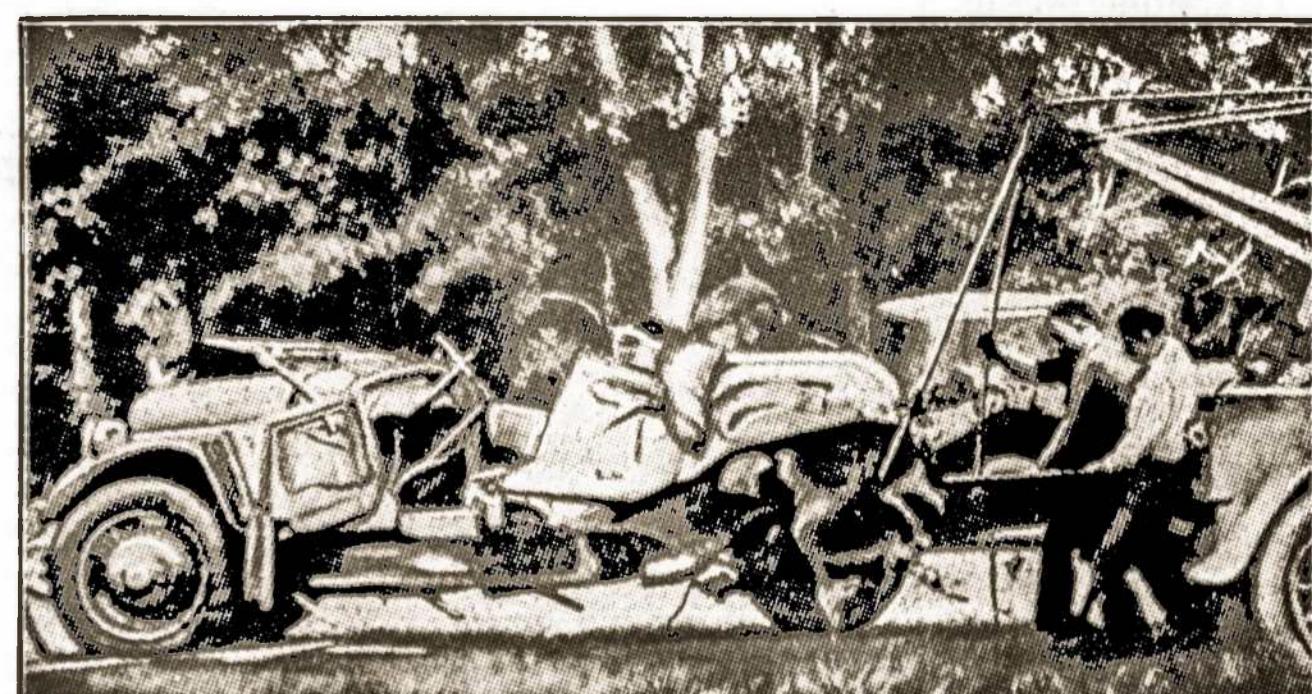
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Shrewd Advertisers Are Using Our Directory Page To Their Profit

Windshield Decapitates Two Men, Five Others Injured in Collision



A Guillotine on Wheels: Crushed roadster in which two men were beheaded.

By E. W. Melson

NEW YORK CITY (Special) — Two men are dead and five persons injured in the most gruesome automobile accident that has shocked New York in recent years. Frank Suda, 27, of Warren Ave., White Plains, driver of one car, was hurled through the windshield of his car with such force that he was entirely decapitated. On the front seat with him was Dominic Yellow, 25, of Manhattan Ave., White Plains, who was hurled through the glass windshield to a still worse fate.

From the tangle of crushed wreckage on the Bronx River Parkway, near the Leewood Golf Club, Tuckahoe, N. Y., a mystery woman emerged who first told police she was Edna Sherman but quickly reconsidered in favor of various other names, none of which satisfied the police. A blonde, about 25 years old, her ride in a drive-it-yourself auto, piloted by Siegfried Swendson, 34, of 361 E. 188th St., The Bronx, N. Y., ended dramatically when both were taken to the Lawrence Hospital for treatment.

The Suda party, which was northbound on the parkway, after



Let's Keep the Smiles — But Discipline The Wrinkles

TODAY I want to tell you about a simple treatment for smoothing out those droopy little lines that will creep in around one's mouth.

Of course, the skin first must be thoroughly cleaned. To do this easily and quickly, just spread cleansing cream up over your face. Then remove this cream with soft cleansing tissues, and pat skin tonic over your face. This banishes all traces of the cream and gently closes the pores again.

Next, smooth tissue cream on your face, especially around the nose and mouth. If your skin is unusually dry, substitute skin food for the cream. Now, with your face well covered with cream, dip the finger tips into muscle oil. Placing the middle and index fingers of each hand at the corners of your upper lip, gently smooth outward toward your cheeks and repeat until the skin feels toned and stimulated. As your fingers stroke across those little mouth lines, the rich muscle oil acts like a host of fairy fingers, patting and smoothing your face; and the tissue cream or skin food blends with the natural oils to soften the skin.

If your skin is not too oily, take this treatment just before going to bed, and leave the excess cream and oil on your face all night.



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Slade's Pickling Spice, Ready Mixed, 4-oz. Pkg. 13c

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Straight or Elbow Macaroni and Spaghetti, Mastiff Brand 2 Pkg. 15c

NORTHLAND, MASS.

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DAYLIGHT SAVING TIME

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10:45 a. m.—From all directions.
2:45 p. m.—From all directions.

MAILS CLOSE

9:20 a. m.—For all directions.
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6:00 p. m.—For all directions.

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CHARLES F. SLATE, Postmaster.

BOSTON & MAINE R. R.

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EAST NORTHLAND STATION

NORTHBOUND TRAINS

DAILY (EXCEPT SUNDAY)

7:47 a.m. 10:01 a.m.
12:30 p.m. 4:30 p.m. 9:33 p.m.

SUNDAY

7:58 a.m. 12:30 p.m. 9:33 p.m.

SOUTHBOUND TRAINS

8:48 a.m. 1:09 p.m.
4:01 p.m. 5:28 p.m. 7:55 p.m.
4:01 p.m. 8:24 p.m.

Bus Line

DAYLIGHT SAVING TIME

NORTHBOUND BUS

DAILY (EXCEPT SUNDAY)

11:38 a.m. 7:18 p.m.
SUNDAY

11:47 a.m. 7:18 p.m.

SOUTHBOUND BUS

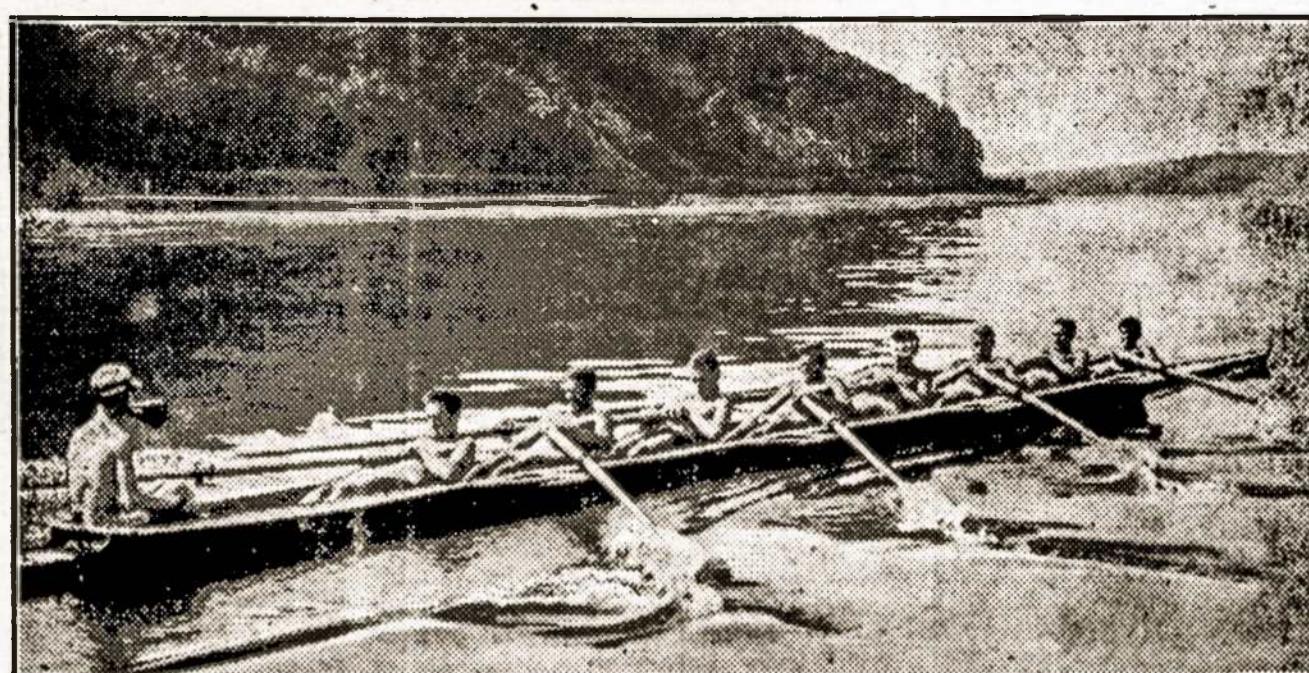
DAILY (EXCEPT SUNDAY)

7:39 a.m. 2:59 p.m.
SUNDAY

11:39 a.m. 3:14 p.m.

Try Our Shopping Directory for YOUR Announcement

IT'S THE TRAINING TABLE THAT SETS THE STROKE



By Richard Glendon, Jr.
(Coach of the Columbia University Crew Inter-Collegiate Champions, 1929)

In the old days, when a coach was looking around for a place to locate his training camp, he usually spotted a hotel or boarding house that specialized in corned beef and cabbage, for corned beef and cabbage was the *de rigueur* of training fare in the "dear and fortunately dead days." And yet, while the men stowed away as much of Jiggs' favorite dish as they could hold, they were allowed only limited quantity of water. The idea, then, seemed to be to stuff 'em, and then bring them to a keen competitive "edge" quickly through sweat and lots of purgatives. Needless to say the after results were anything but desirable.

Today a coach goes about bringing his men into shape in just the opposite fashion. I always start the men as early as possible, so that there will be no need for last minute, intensive grinding to bring them to the "peak."

The more gradually a man can build up his stamina and drive, the more effective he will be and the less apt to go stale. Balanced against the necessary meat in our crew diet is always an impressive assortment of leafy and fibrous vegetables, the cellulose or bulk of which promotes intestinal hygiene and helps carry off the residual poisons in a normal and healthy manner. This same "veg-

etable effect" is achieved, also, through use of certain cereals such as rice, bran, and corn. Whole rice is especially ideal in that it is not only highly palatable, but also forms a bulk whose smooth texture is kind to the tenderest of lining membrane.

When the first call for crew is made, early in the year, I find the men in all sorts of conditions. There are always a few conscientious ones—who report in excellent condition; but there are others who have to start from scratch every year. These men I watch with particular care to see that their physical grooming

keeps pace with the early spring workouts. Nothing whips such men into shape more quickly or more effectively than a diet which keeps appetite at a keen edge and works off, sanely and normally, the residues collected during the athlete's lay-off period of inactivity.

When eight men swing their shell in line for the 4 mile grind at Poughkeepsie, these men should be carrying in their stomachs nothing but energy supplying foods. They will call upon—and need—every ounce of reserve they can carry before they pass the finish marker. Naturally, the men in the best condition to meet this exacting demand upon energy are those whose training has removed from the body all the dead weight and useless residues.

One hears a great deal of talk—and sees much written about the stroke used by this or that crew. Naturally, each coach teaches his men the stroke which he believes, through experience, will be most apt to drive his colts out in front and keep them there. But no type of stroke in the world is worth a plugged nickel, if the men manning the oars have not been properly conditioned to set a winning pace and then have the stamina and reserve energy to hold it.

A sensible diet then, which includes plenty of roughage, cellulose or bulk (choose your own name for it) is as necessary in the long training grind, as the actual work-outs in the racing shells, for a crew man needs every ounce of usable foods that he can store in his body. When the coxswain increases the beat for the final spurt, it takes a perfectly trained human machine to stand the gaff.



A Guillotine on Wheels: Crushed roadster in which two men were beheaded.

By E. W. Melson

NEW YORK CITY (Special) — Two men are dead and five persons injured in the most gruesome automobile accident that has shocked New York in recent years. Frank Suda, 27, of Warren Ave., White Plains, driver of one car, was hurled through the windshield of his car with such force that he was entirely decapitated. On the front seat with him was Dominic Yellow, 25, of Manhattan Ave., White Plains, who was hurled through the glass windshield to a still worse fate.

From the tangle of crushed wreckage on the Bronx River Parkway, near the Leewood Golf Club, Tuckahoe, N. Y., a mystery woman emerged who first told police she was Edna Sherman but quickly reconsidered in favor of various other names, none of which satisfied the police. A blonde, about 25 years old, her ride in a drive-it-yourself auto, piloted by Siegfried Swendson, 34, of 361 E. 188th St., The Bronx, N. Y., ended dramatically when both were taken to the Lawrence Hospital for treatment.

Witnesses of the disaster said the victims suffered a ghastly death and terrible mutilation due to the lack of safety glass in the windshield.

The Idle Stomach—Our Most Serious Unemployment Problem

By E. V. McCollum, Ph.D., Sc.D.

Author of "The Newer Knowledge of Nutrition," "Food, Nutrition and Health," etc., Professor of Bio-Chemistry, School of Hygiene and Public Health, Johns Hopkins University.

LIVING as we do nowadays on a diet consisting largely of concentrated and highly refined foods, many persons too often overlook the absolute need for a certain quantity of "indigestibles"—food that keeps the digestive tract healthy at work and provides the excess bulk so necessary to promote well being.

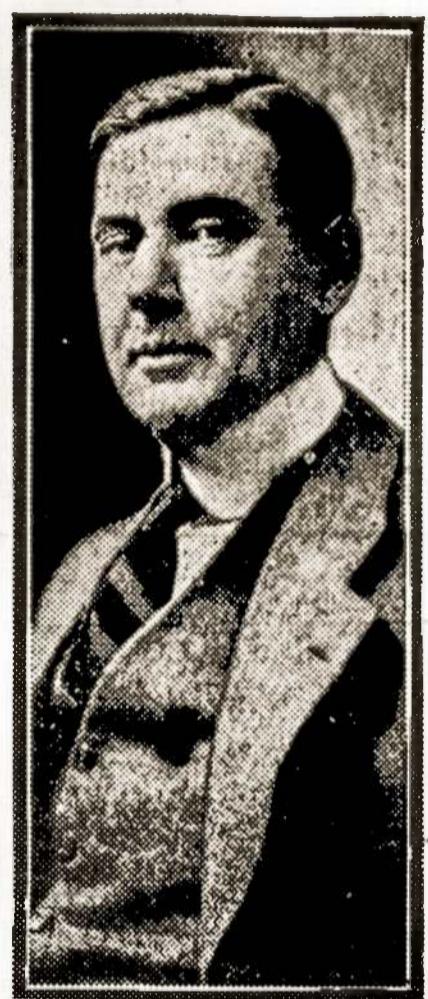
It is a recognized law of Nature that the digestive tract of any creature is adapted to suit the kind of diet to which the species long has been accustomed. And in order to obtain a clear picture of the importance of roughage in the human dietary, it might be well for us to review briefly the three types of creatures—including man—that compose the animal kingdom.

First, there is the species known as *herbivora*, who subsist entirely upon food of vegetable origin. These have stomachs of enormous capacity, and intestines which are large enough to contain the great residues of indigestible matter which result from a diet of coarse herbage. The lining membranes of the stomach and intestines of herbivorous animals, too, are highly resistant to mechanical injury and tolerate without damage the friction of the coarse residues as they pass along the digestive tract.

Flesh-Eating Animals

Next in the scale of animal species we find the *carnivora*, who restrict their food solely to the flesh of other animals. In this group we find that the digestive tract is of much smaller capacity, as a result, no doubt, of long adherence to food of exclusively animal origin. Meat, glandular organs and fat, we know, are highly concentrated foods; and even a small bulk suffices to provide ample nutrients for growth and the maintenance of weight, even when much of the food consumed is burned for the performance of work or the production of heat.

While the digestive tract in these flesh-eating animals functions satisfactorily without much indigestible material on which to work, it must be remembered that the *carnivora*, under natural conditions, take a great deal of exercise and that the residue from their food is quite smooth in texture. Even so, many of these animals—as the dog, cat, lion and tiger—eat much bone substance, which is changed by the strong acidity of the stomach to form insoluble and fairly bulky material of a mass favorable to the



E. V. McCollum

mechanical functioning of the intestine, and thus makes elimination possible at a rate which is consistent with health.

Coming now to man—the third type of species in the animal kingdom—we find that he is omnivorous. Except in the far

North, where no vegetable food is available, human beings draw their nutriment from both plant and animal life. Nevertheless, man cannot eat very bulky vegetable food in any considerable quantity, because his digestive tract is of small capacity. Neither can he safely eat of the coarser vegetables, because the lining membranes of his stomach and intestines are too delicate to withstand the scraping of the coarser particles of indigestible matter without injury.

What Cooking Does

One way in which man has attempted, and with success, to eat safely the coarser root and leafy vegetables, is through softening and disintegrating the cellulose of those foods by cooking them. The cooking process not only decomposes some of their substances classed as cellulose, but makes the remainder of the food more digestible and thus averts the after distress of eating. When some of the smaller and fugitive tribes of American Indians were forced into localities in which game was scarce and food plants not abundant, they were compelled by circumstance to eat grass seed, acorns and other vegetable foods which are coarser than humans are accustomed to eat. They suffered greatly from indigestion, and doubtless injured their digestive tracts by taking cellulose which was too coarse and irritating. They had not less than a score of "grandmother" remedies for indigestion to attest these experiences.

Common knowledge tells us that indigestible things are dangerous if eaten freely: yet it is equally clear that our intestines do not function properly unless there is a certain amount of indigestible matter to distend them to the right degree, and to form a mass which is favorable for the muscular contractions of the intestine to move along with the peristaltic waves.

Between the extremes of having in the intestine too much and too coarse cellulose on the one hand, and too little indigestible bulky matter on the other, lies the happy medium which is favorable both to comfort and health. There are many kinds of cellulose in different vegetable products. It

forms the framework and fibers of plants, the walls of vegetable cells and the coverings of seeds. In most of its forms, cellulose is insoluble in boiling water; and it is not acted upon by any of the digestive juices, though certain kinds of bacteria are capable of fermenting and digesting the cellulose of certain plants.

Bran is probably the form of cellulose which has been most discussed in connection with the improvement of intestinal hygiene through facilitating elimination. There is good reason for believing, however, that when bran is eaten exclusively for promoting intestinal hygiene, it generally is eaten too freely. If properly softened through cooking, and taken in amounts no greater than are afforded by eating the whole cereal as a breakfast food, it is undoubtedly an excellent source of cellulose.

What has been said of wheat bran and its benefits is even more particularly true of the cellulose of the rice kernel. Rice is the principal cereal grain in the dietary of more than half the human race. Those who have been brought up on a diet constantly containing rice like it better than any other cereal. We have, in America, long been accustomed to eating small amounts of rice occasionally, but we generally never have eaten it as freely as we have either wheat or corn.

Cellulose of Rice Softest

The cellulose of the corn kernel is considerably more difficult to digest and more irritating than the cellulose of either wheat or rice. Of the three, the cellulose of rice is the softest and smoothest; and for regulating the elimination of children, or of adults with delicate digestive systems, it is almost ideal as a source of bulky matter.

A few faddists doubtless eat too much of cellulose-rich foods, particularly green leafy vegetables. While we never should become extremists about any feature of the diet, it is a fact that the modern food regimen often is lacking in sufficient cellulose, and this matter of an idle stomach and digestive tract is one of the most serious unemployment problems that confronts the human race today.

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Can Be Smoothed
Away Easily

THERE is no reason why frown lines should be tolerated, if the vision is normal and you do not abuse your eyes. If you should notice little perpendicular lines beginning to form between your eyes, just see how they will vanish before this simple treatment:

First, thoroughly cleanse your skin by smoothing cleansing cream up over your neck and face. Then remove the cream with soft tissues, and wipe a pad of cotton saturated with skin tonic over your face.

Now you are ready for the real frown line treatment: Spread a generous quantity of skin food or tissue cream on your face, and especially just above the bridge of your nose, where the lines are forming. If your face is overdry, use skin food; but tissue cream is better if your skin is normal or inclined to be oily.

Next dip your fingers into muscle oil. Lay the index and middle fingers of one hand on the bridge of your nose, and gently smooth upward, with a brisk, firm movement. Alternate with the same fingers of your other hand, and repeat until your skin feels warm and tingly.

If you take this treatment just before going to bed, leave the massage cream and muscle oil on your forehead all night. Or if you wish, remove the excess cream and oil with a little cleansing cream or skin tonic.

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Aug. 15. "Sleep," Dr. P. G. Stiles.

Aug. 22. "What Social Work Is Not," Miss Eleanor E. Kelly.

Aug. 29. "Nutrition and Teeth," Dr. Percy R. Howe.

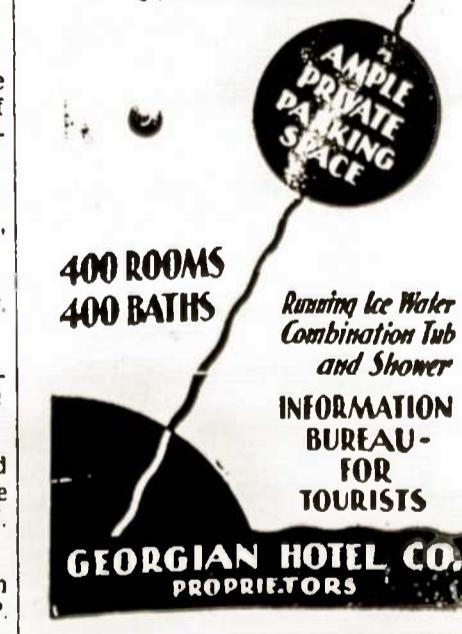
Sep. 5. "What To Do About Nervousness," Dr. Harry C. Solomon.

Sep. 12. "The Problem of Acquired Deafness—What Can One Do About It," Dr. R. H. Gilpatrick.

Sep. 19. "Reasons for the Health Examination," Dr. Jose P. Bill.

Sep. 26. "Goitre and Glandular Secretions," Dr. Frank H. Lahey.

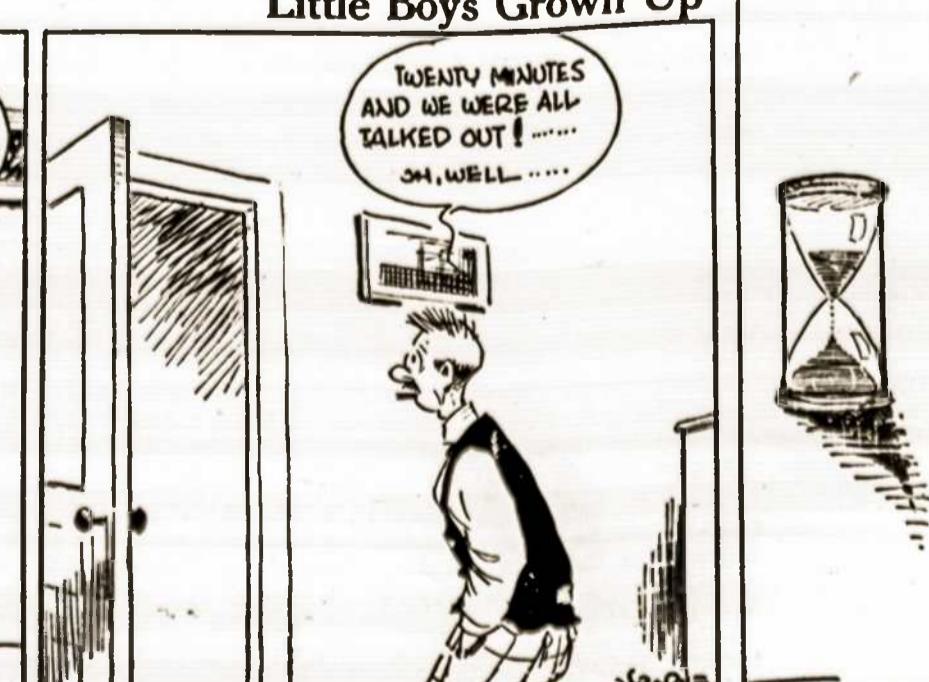
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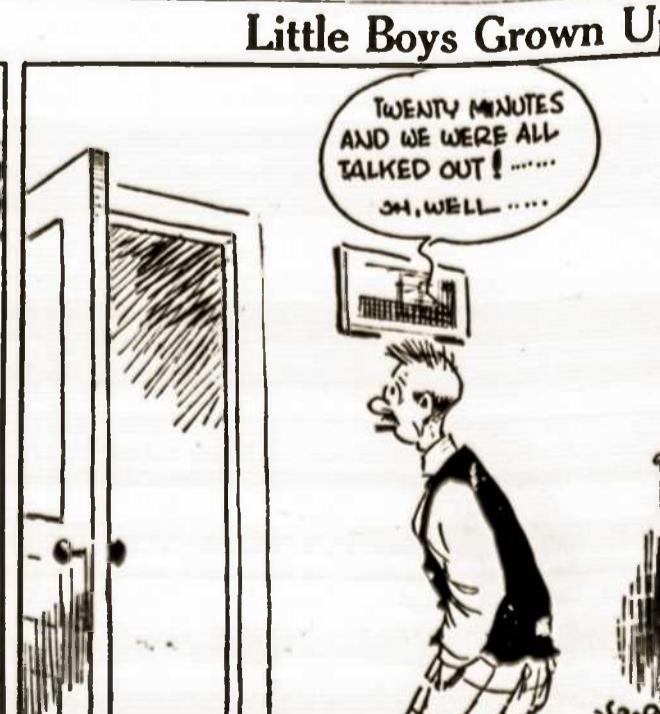
GEORGIAN HOTEL CO.
PROPRIETORS

Little Boys Grown Up



THE FEATHERHEADS

By Osborne
© by Western Newspaper Union



Serve Sherbets with Meats

By JOSEPH BOGGIA, Chef
The Plaza Hotel, New York City

A SHERBET with the meat course is a most welcome addition to the hot-weather luncheon or dinner. Adding to the diet the healthful fruit juices, and, through its sugar content, one of the most important energy elements, the sherbet's cooling qualities and delicacies flavor help to make the repast a noteworthy occasion whether dining en famille or entertaining honored guests.

Another point not to be overlooked by the wise hostess is the aesthetic factor. Served in footed glasses in pastel shades of rose, amber, azure, green or topaz, the iced cup strikes a note of color that does more than its share in assuring the colorful charm demanded for the perfectly arranged summer table.

Mint Sherbet—Mash one cup of fresh mint leaves with one cup of

sugar. Add two cups boiling water. Let stand ten minutes. Strain out the mint leaves. Add one-half cup lemon juice and few drops of green coloring. Freeze to a mush and serve in glasses garnished with mint leaves.

Grace Sherbet—Boil together for seven minutes two cups of water and one cup sugar. Add two cups grape juice, one-fourth cup lemon juice, and one-fourth cup orange juice. Freeze to a mush and when partially frozen stir in the stiffly beaten white of one egg.

Orange Sherbet—Boil two cups sugar and one-half cup water for five minutes. Add grated rind of one orange and one teaspoon gelatin which has been soaked in two tablespoons cold water. Dissolve thoroughly and cool. Add one and a half cups orange juice and one-fourth cup lemon juice. Freeze to a mush.

Orange Milk Sherbet—Dissolve one and a half cups sugar in two and a half cups orange juice. Add one-fourth teaspoon salt and one teaspoon grated orange rind. Stir gradually into three cups milk. Freeze to a mush.

Mint Sherbet—Mash one cup of

fresh mint leaves with one cup of

water. Add two cups boiling water.

Let stand ten minutes. Strain out the mint leaves. Add one-half cup

lemon juice and few drops of green

coloring. Freeze to a mush and

serve in glasses garnished with mint leaves.

Apple Sherbet—Boil together for

seven minutes two cups of water and one cup sugar. Add two cups

apple juice, one-fourth cup lemon

juice, and one-fourth cup orange

juice. Freeze to a mush and when

partially frozen stir in the stiffly

beaten white of one egg.

Strawberry Sherbet—Boil together for

seven minutes two cups of water and one cup sugar. Add two cups

strawberry juice, one-fourth cup lemon

juice, and one-fourth cup orange

juice. Freeze to a mush and when

partially frozen stir in the stiffly

beaten white of one egg.

Water Sherbet—Boil together for

seven minutes two cups of water and one cup sugar. Add two cups

water, one-fourth cup lemon

juice, and one-fourth cup orange

juice. Freeze to a mush and when

partially frozen stir in the stiffly

beaten white of one egg.

Orange Sherbet—Boil together for

seven minutes two cups of water and one cup sugar. Add two cups

orange juice, one-fourth cup lemon

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Orange Sherbet—Boil together for

seven minutes two cups of water and one cup sugar. Add two cups

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Hors D'Oeuvres Jog Jaded Appetites

By ETIENNE ALLIO, Chef, Hotel New Yorker, New York City

NOTHING can contribute more to assure the success of the meal, whether it be a formal or informal repast, than a hors d'oeuvre, skillfully prepared, of carefully selected ingredients to insure their freshness, and served in a manner to appeal to the eye as well as to the appetite.

Whether the hors d'oeuvre be hot or cold, its chief purpose is, of course, to act as an appetizer and this it can do as much by its appearance as by its taste, for there is a full measure of truth in the old saying, "The eye does half the eating." The portions should

be small, merely large enough to stimulate the appetite, without any danger of dulling the diner's zest for the dishes that are to follow.

Vienna Hors d'Oeuvre—Slender calves liver until very tender. Chop fine and rub to a paste. To one cup of liver add one tablespoon melted butter, one-half teaspoon

sugar, salt and pepper to taste, and enough thick tomato sauce to make the mixture of the right consistency to spread. Lightly toast strips of graham bread about four inches long and an inch and a quarter wide. Spread with the paste. Garnish with a border of chopped whites of hard-boiled egg and the sliced yolk. Serve cold.

Clams in Nest (Individual)—Halve a grapefruit, remove the pulp, and fill with shaved ice. Place a small glass in the center for the sauce. Place five small clams on the half shell on the ice. For the sauce mix one tablespoon Worcester sauce, one tablespoon horseradish, one tablespoon vinegar, and one tablespoon tomato ketchup. Add two tablespoons lemon juice, one-half teaspoon sugar, one-fourth teaspoon tabasco, and one teaspoon salt. Chill by placing sauce in the glass a sufficient time before serving.

Southampton Hors d'Oeuvre—Scoop out the stem ends of six whole, firm tomatoes, leaving a cone-shaped cavity. Sprinkle with pepper, salt, and a little sugar. Fill with butter. Bake in a moderate oven until tender. Just before serving place the tomatoes on the individual plates and pour over each of them two tablespoons of hot cream seasoned with salt and pepper. Sprinkle with minced parsley and serve hot on thin toast strips.



CHEF ALLIO

As a result of the above, the appetites of the most jaded are jogged and the desire for more food is created.

For the more elaborate hors d'oeuvre, the following may be used:

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Naval Treaty Hits Snag in Senate

Johnson Threatens to Grow Beard

By E. W. Melson

Our special commentator on Naval Affairs pulled a stroke out for the I. C. S. and for fourteen years was a conductor on the Staten Island ferries. Aside from six attempts to swim the English Channel, he is a licensed barge pumper and was decorated three times by the Coast Guard for passing the twelve mile limit. Next week he will tell how the treaty affects the Great Lakes excursion boats and tattooing on the chest.

Sen. Johnson—Mr. Secretary, would you say this treaty gives us parity with Great Britain?

Sec. Stimson—I decline to answer that on the ground it might incriminate me, but I will say that we secured the right to carry fresh vegetables in case of war and the pants on Great Britain's sailors are to be no larger at the bottom than ours.

Sen. Johnson—Still, you must admit that the 5-3 ratio with Japan is practically nullified, if not ossified?

Sec. Stimson—I don't admit that! While Japan carries more bunting, our anchors are much heavier, and our outboard motors exceed theirs 30 to 1.

Sen. Johnson—Yes, but how do you reconcile Great Britain's tonnage with our category?

Sec. Stimson—You have me there. The fact is, in measuring our category, Sec. Adams lost our yardstick and we used a piece of string, measuring from the chin. But don't forget we got an escalator clause and the right to age our sauer kraut in the barrels.

Sen. Johnson—Does that explain the number of tugboats assigned to the Cunard Line?

Sec. Stimson—I wouldn't go that far, but we secured the right to mount six-inch pin-wheels on the Lehigh Valley coal barges and the Hudson River Night Line.

Sen. Johnson—You seem to have forgotten the irreducible minimum?

Sec. Stimson—Well, in the hurry of packing I did forget it, but the hotel forwarded it later along with my Indian clubs.

Sen. Johnson—The General Board of the Navy claims that our sailors no longer have a sweetheart in every port. How did we lose that ratio?

Sec. Stimson—A secret conference was held on this and the papers reported next day that we were recruiting bow-legged sailors. My personal belief is that halitosis lost us this tonnage and that every sailor should wear a geranium.

Sen. Johnson—Actually, Mr. Secretary, what do we get to balance Japan's four-wheel brakes and Great Britain's extra gangplank?

Sec. Stimson—Clause X20791 gives us shatter-proof glass in the windshield of our umbrellas to keep the spray off our full dress uniforms. In addition to that we retain the right to sing the Maine "Stein Song," and to dip all candidates when crossing the Equator.

Sen. Johnson—Do you believe our Navy can hold the Philippines?

Sec. Stimson—Against Switzerland, yes.

Sen. Johnson—Aren't our guns heavier than hers?

Sec. Stimson—Yes, but her cheese is stronger.

Sen. Johnson—Is this Committee to understand that our delegates

got what they went after?

Sec. Stimson—Well, we got four quarts of Scotch, and we're not all home yet.

Sen. Johnson—Mr. Secretary, you must think I'm a fool?

Sec. Stimson—Well, no, I wouldn't say that. But, of course, I could be mistaken.

(The meeting was adjourned before personalities sat in.)

Wise Seasoning Gives Added Zest

By ETIENNE ALLIO, Chef, Hotel New Yorker, New York City

OO frequently the American housewife depends almost entirely upon salt and pepper for seasoning. The third member of the trio of fundamental seasonings—salt, pepper and sugar—she sometimes fails to think of as a seasoning at all, looking upon it only as a sweetener.

In this respect the French cook is wiser than she. By the French a dash of sugar is used to bind and accentuate the flavors of the various ingredients; not enough to sweeten, but sufficient to make a delicious difference in the final flavor of the dish.

Pepper, mace, allspice and a large group of other seasonings are also used by the French to achieve those delicate flavors that have brought French cooking the crown of acknowledged supremacy.

Cauliflower Bearnaise—Wash thoroughly one large head of cauliflower and separate into clumps. Cook until tender. Drain and place in greased casserole. Serve immediately.

Tomatoes Bernadotte—Cut into eighths, two pounds of fresh tomatoes. Place in saucers. Add one and a half teaspoons salt, one-eighth teaspoon pepper, one tablespoon sugar, two tablespoons butter, six cloves, one-fourth teaspoon paprika, and a one-inch piece of cinnamon. Cook slowly, without water, until tomatoes are tender. An equivalent amount of canned tomatoes can be used in place of the fresh, if desired.

Chef Allio

Mix together two cups peas, one large slice onion, two peppercorns,

two cloves, one-half teaspoon salt, one tablespoon sugar. Simmer in one cup of water until peas are very soft. Melt three tablespoons butter in a saucers. Add three tablespoons flour and stir until smooth. Strain pea mixture and press through colander, blending it with one-half cup milk. Season with one-half teaspoon salt and add to butter and flour. Stir until completely blended. Pour over cauliflower and sprinkle with bread crumbs. Brown in a quick oven not more than eight minutes.

Cucumber a la Giverny—Pare and cut into small pieces one large cucumber. Cook until tender in boiling, salted water. Drain. Beat one egg lightly and add two tablespoons vinegar, one-half teaspoon salt, one-eighth teaspoon pepper, and one-eighth teaspoon sugar. Boil until the mixture thickens and pour over the hot cucumbers. Serve immediately.

Tomatoes Bernadotte—Cut into eighths, two pounds of fresh tomatoes. Place in saucers. Add one and a half teaspoons salt, one-eighth teaspoon pepper, one tablespoon sugar, two tablespoons butter, six cloves, one-fourth teaspoon paprika, and a one-inch piece of cinnamon. Cook slowly, without water, until tomatoes are tender. An equivalent amount of canned tomatoes can be used in place of the fresh, if desired.

SAT.—SUN.—MON.—TUES.

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**CHURCH, FRATERNAL
AND OTHER NOTICES****TRINITARIAN CONGREGATIONAL
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Until next September all services will be held on the Seminary campus, in the Auditorium or Sage Chapel, according to announcement. This includes all appointments at the church except Sunday school, which will be held Sunday mornings at 9:30 in the vestry of the church.

**ADVENT CHRISTIAN CHURCH
SOUTH VERNON**

Rev. George E. Tyler, Pastor

SUNDAY

10:45 a. m.—Sermon by the pastor.
12:05 p. m.—Church school.
7:30 p. m.—Union service at the chapel.

THURSDAY

7:30 p. m.—Mid-week meeting at the Home.
All services on Standard Time.
Services suspended during the General Conference at Northfield.

**FIRST CONGREGATIONAL
UNITARIAN CHURCH**

Charles Chambers Conner, Mary Andrews Conner, Ministers.

The church will be closed for renovation during July and August.

**FREE METHODIST CHURCH
Mrs. Nellie A. Reid, Pastor****SUNDAY**

10:30 a. m.—Morning worship.
11:30 a. m.—Sunday school.
6:30 p. m.—Class meeting.
7:30 p. m.—Evening worship.

WEDNESDAY

3:00 p. m.—Children's meeting.
7:30 p. m.—Prayer meeting.

**ST. PATRICK'S ROMAN CATHOLIC
CHURCH**

Father Carey and Father Rice, Pastors
Sunday mass at 10:30 a. m., except on the first Sunday of each month, when it is at 8:30 a. m.
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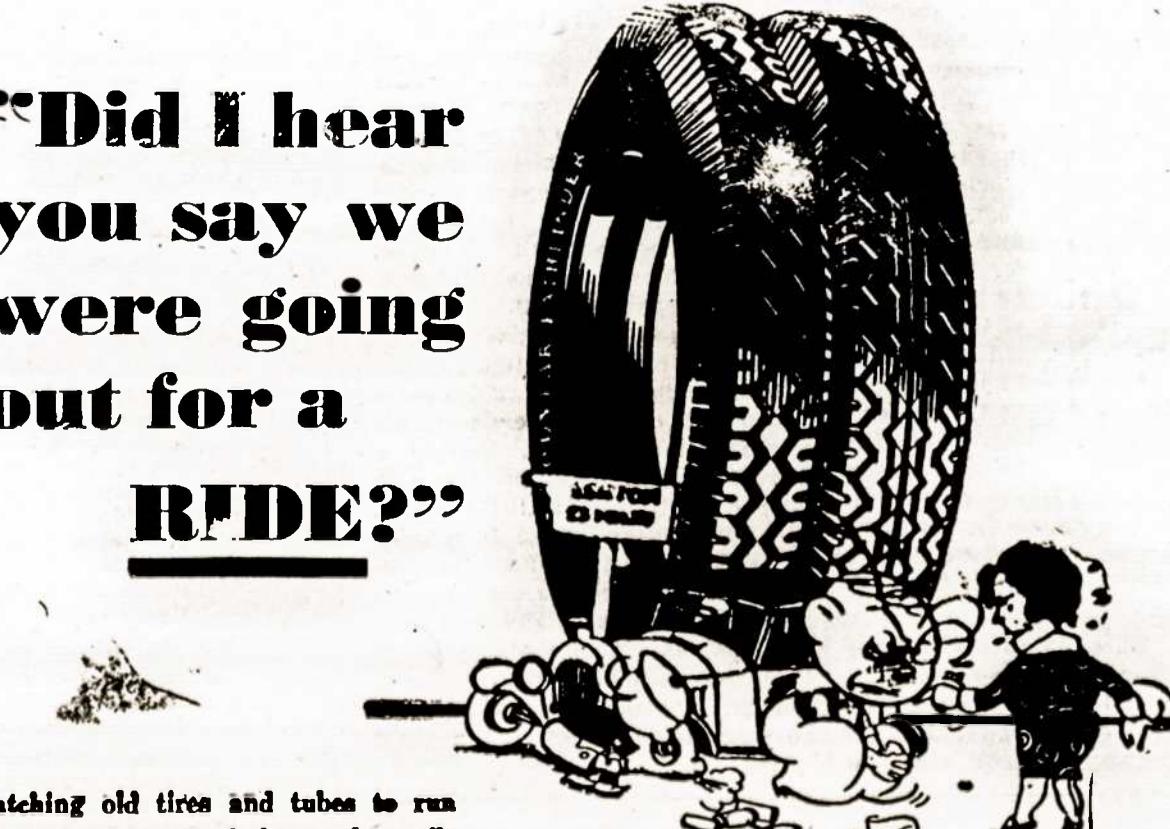
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